

**"HYPNOTIC-TECHNIC"****1. RELAXATION FIRST:**

When hypnotizing a subject, it is of primary importance to permit him (or her) to relax physically as much as possible. When the body relaxes the mind becomes more passive and attentive. It is then much easier for a person to fix his or her attention upon the idea of SLEEP. Therefore, have the person sit or recline in an easy chair, or lie down on a divan or bed. Darken the room as much as is practical, and be sure the person to be hypnotized is as comfortable as possible.

**2. TELL YOUR SUBJECT WHAT TO EXPECT:**

Always tell the person before hand, while he is wide awake, exactly what to EXPECT. Do not go into a discussion about Hypnotism. Some people have a deep-rooted prejudice or fear of being hypnotized. It is better to explain that the record helps to rest the conscious Mind so that your constructive new suggestions will make a deeper impression on the Subconscious Mind of the subject.

**3. REPETITION OF THE RECORD:**

Play side #1 of the record to the person you wish to hypnotize. At the end of the record when the "control" is turned over to you at the count of 5, go on speaking in your own voice and count up to 10. Then say the word "SLEEP" three times, in a slow and impressive manner. This enables you to secure control over the Subconscious Mind of your subject, and puts him more deeply asleep. Then tell him or her, "I am now going to play the record again, and when I do, it will put you still deeper asleep!" Repeat the record 3 times in the above manner, decreasing the volume a little each time you play the record. By this time the subject will have passed into a profound state of hypnosis.

**4. HOW TO GIVE SUGGESTIONS:**

While the subject is in the Subconscious state, you may then give him special suggestions which you have carefully prepared for his benefit. Or you may play other PSYCHOLOGY records to build new mental patterns in his Subconscious Mind while he is resting in the deep Hypnotic Sleep. Or you may give him Post-Hypnotic Suggestions which will take effect after he comes out of the Hypnotic Sleep. For example: "You will feel much better when you awake and this improvement will be permanent!", etc., etc. Phrase all your Suggestions in a positive manner. Use affirmations only. Do not use denials. Make no mention whatever of a negative condition but stress the desired positive condition which you wish to become a reality.

**5. HOW TO AWAKEN THE HYPNOTIZED SUBJECT:**

Although your subject is in a Hypnotic Sleep, he or she at all times retains normal poise and WILL NOT carry out any suggestions that seem immoral or unnatural, or contrary to his beliefs. To awaken the subject, simply go over to his chair and lay your hand upon his head and say: "You have had a good rest and feel perfectly well and comfortable. When I count to 3, your eyes will open and you will wake up, wide awake. 1, 2, 3, WAKE UP!" If subject refuses to wake up, there is no danger. Hypnotic-Sleep automatically turns into natural sleep and subject will awaken of his own accord, within a short time, feeling healthy and well in every respect.

**"SELF-HYPNOSIS"**

The ability to hypnotize yourself is developed by a "conditioning" of your Subconscious Mind, so that it responds immediately to a given signal. The signal is usually a spoken word, which is known as the "Key Word". By means of this Record, Self-Hypnosis may be induced by training your Subconscious Mind to respond to the Key Word "Sleep". When this Key Word is repeated by you THREE TIMES, a Subconscious association will occur and you will drift away at once into a deep hypnotic sleep.

During your Hypnotic Sleep, your Conscious Mind will be sleeping peacefully just as during your ordinary natural sleep at night. There is nothing unusual nor extraordinary about the Hypnotic Sleep. It is merely a "shifting" of your awareness from the Conscious to the Subconscious level. The advantage of doing this is that it gives you a greater field of awareness in which to function. Self-Hypnosis allows you to concentrate a single idea more effectively upon the larger mental screen of your Subconscious Mind. By putting your Conscious Mind "to sleep", you eliminate (or cut to a minimum) any interference from it, and thus any suggestions you give to your Subconscious during Self-Hypnosis are capable of producing remarkable results.

To accomplish specific results while in the state of Self-Hypnosis, the Technic is as follows: Just before entering the Hypnotic state, concentrate your Conscious Mind upon the specific thing you desire--for example, to banish pain in some part of your body, to overcome a bad habit such as smoking, drinking, etc., to increase your Self-Confidence, to become a more Positive Personality, or whatever it is you may desire. Exclude everything else from your mind. Make a vivid, mental picture of the thing or condition you desire. Then, when you hypnotize yourself, that mental picture will register itself upon your Subconscious Mind and make a definite and lasting impression. Always concentrate upon what you want to happen, never upon what you don't want! For it is the picture you register on the Subconscious that will come true in your life!

In Self-Hypnosis, it is how you present your ideas or "suggestions" to the Subconscious that counts most. Always use simple, direct language and repeat your suggestions at least three times to make it "stick". Do not attempt to attain complicated or impractical results with hypnotism, but concentrate rather upon realizing practical and useful objectives.

Self-Hypnosis is a natural result of establishing a "conditioned-response" in your Subconscious, to the Key Word "Sleep". Therefore, the more times you listen to this Recording, the sooner you will become conditioned to hypnotize yourself. The procedure for Self-Hypnosis is as follows: Relax yourself as completely as possible either by reclining in a comfortable chair or lying down on a bed. Play side 2 of the record FIVE TIMES continuously, over and over, during your first session.

As the record plays and you find yourself getting more drowsy and sleepy all the time, cooperate with it as much as possible. Do not resist the sleepy feeling, but let yourself go to sleep in an easy and natural manner. All that can possibly happen is that you will rest for a short while and then awaken feeling refreshed in body and mind. After this first session, listen to the Self-Hypnosis side of the record once a day for two weeks. Within that time, you will develop a Subconscious association whereby you can hypnotize yourself merely by saying the word "SLEEP" to yourself three times - either in a normal tone of voice or in a whisper. When you are able to put your Conscious Mind into a deep, hypnotic sleep in this manner, you may then give yourself other suggestions of a specific nature.